

**TRAILRIDER**



**COURAGE FOR YOUR HEAD**

GET FLAT TRACK

**PLEASE READ CAREFULLY****HELMET USE**

This helmet is intended only for pedal cyclists, skateboarders, rollerskaters, or in-line skating. It is not designed for motor vehicle use or other sports. This helmet is certified to EN 1078.

**LIMITED IMPACT PROTECTION**

Helmets reduce or prevent many injuries. But, impact forces, even in a common low speed accident, can result in serious injury or death. Energy absorbing materials used in helmets crush on impact. Sometimes, the blow can crush the material completely. When this happens some of the force is transferred to the head. If the force is great enough it can cause injury or death. Because every accident is different, it's impossible to predict when this might happen. Any helmet subjected to a severe impact should be discarded and destroyed.

**HELMETS CAN'T PREVENT ALL HEAD INJURIES**

Some head injuries are not caused by impacts at all, but by other forces. You can scramble an egg just by shaking it. You don't have to break the shell to destroy the contents. Helmets cannot prevent this type of injury.

**HELMETS CAN'T PROTECT WHAT THEY DON'T COVER**

The helmet will not protect the neck or any area of the head it doesn't cover. Always wear a helmet low in the front to protect the forehead. Make sure the helmet fits snugly and the straps are adjusted to hold the helmet firmly in place when tightly fastened.

**YOU SHOULD ALWAYS:**

- 1 Wear your helmet low in the front to protect the forehead.
- 2 Fasten your buckle and tighten your chin strap.
- 3 Check your adjustments every time you wear your helmet.
- 4 Inspect your helmet regularly for signs of wear or damage.
- 5 Replace your helmet immediately if it shows any visible signs of wear or damage. Helmets have a limited life span of use.
- 6 Replace your helmet after an accident, even if no damage is visible.
- 7 Clean your helmet with mild soap and water only.
- 8 Store your helmet in a cool dry place.
- 9 Wear a helmet whenever you ride.
- 10 Wear a helmet designed for what you're doing.
- 11 Ride safely.

**YOU SHOULD NEVER:**

- 1 Wear a helmet that's been in an accident, even if no damage is visible.
- 2 Loan your helmet to anyone.
- 3 Wear someone else's helmet.
- 4 Wear your helmet with the buckle unfastened.
- 5 Wear your helmet tipped back to expose your forehead.
- 6 Wear anything under your helmet.
- 7 Wear this helmet while operating a motor vehicle.
- 8 Make any attachments other than those recommended in this manual.
- 9 Clean your helmet with chemical cleaners.
- 10 Store your helmet in hot and damp places.
- 11 Take unnecessary risks just because you're wearing a helmet.
- 12 Modify or remove any original component parts of the helmet other than as recommended by the manufacturer.

**PARENTS:**

A helmet is NOT a toy. DO NOT allow your children to use while climbing or in other play activities, where a risk of strangulation exists.

# FITTING THE HELMET TO YOUR HEAD

This helmet can only protect you if it fits well. Be sure to try on different sizes and choose the size which feels secure and comfortable on your head.

## FOLLOW THESE FIVE SIMPLE STEPS TO LEARN HOW TO PROPERLY FIT AND WEAR YOUR HELMET. YOU WILL NEED A MIRROR

### STEP 1: WEAR IT IN THE PROPER POSITION

Always wear a helmet low in the front to protect the forehead. See Figure 1 for the proper way to wear a helmet.



FIGURE 1

**IMPORTANT:** All fitting adjustments **MUST** be made with the helmet in the proper position. Failure to do so will result in a poor fit. This will allow the helmet to move out of position or come off in an accident.

### STEP 2: ADJUSTING THE STRAPS

The front and rear straps should join at a point slightly below and in front of (but not covering) the ears. See Figure 2.



FIGURE 2

### STEP 3: ADJUSTING THE CHIN STRAP

Always wear the helmet with the chin strap buckle fastened and the strap pulled tight. Make sure the strap is well back against the throat, **NOT** on the point of the chin. Straps worn on the point of the chin increase the chance of the helmet coming off in an accident. Position the buckle away from your jawbone. Figures 3 and 4 show how to fasten and release the buckle and Figure 5 shows proper placement of the chin strap.

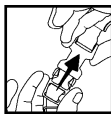


FIGURE 3



FIGURE 4



FIGURE 5

## WARNING!

Make sure the loose end of the strap passes through the rubber "O" ring. If it does not, the strap may slide loose and the helmet can come off accidentally.

(See figure 6)

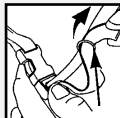


FIGURE 6

**STEP 4: GETTING THE CORRECT FIT**

The helmet fits correctly when it is held firmly but comfortably in place by the interior fit pads. Adjustments are made by varying the thickness of the interior pads and by varying the position and tension of the straps.

The front fit pad should lightly touch your forehead. If it does not, replace it with the thicker pad provided. If it still does not, try a smaller size helmet.

When correctly adjusted, you should feel a slight pressure at the back of your head, and the front pad will push firmly, but comfortably against your forehead.

**STEP 5: CHECKING THE FIT AND ADJUSTMENTS**

Before using the helmet, make sure it fits correctly, the straps are correctly adjusted, and the chin strap is tight enough. Put the helmet on in the correct position. Fasten the chin strap and pull it tight. Stand in front of the mirror.

**A. Check the Fit**

Grab the helmet with both hands and twist it to the left and to the right. If the helmet fits right, the skin on the forehead will move as the helmet moves. If it does not, the helmet is too loose. Return to Step 4.

**B. Check the Straps**

Grab the helmet with both hands and try to remove it by rolling the helmet forward and backward as far as you can. Make a serious effort. This is important. If you can roll it off the head completely in either direction, roll it forward so far that it blocks vision, or roll it backward far enough to expose the forehead, it doesn't fit right. Repeat Steps 2 and 3 until helmet movement is minimal.

**WARNING!**

**If you cannot adjust the helmet to fit properly according to Step 5, DO NOT USE THIS HELMET. Replace it with a different size or model.**

## TAKE A TEST RIDE

Once you are satisfied that the helmet fits correctly and that all straps are properly adjusted and tightened, take a short test ride. Pay attention to overall comfort and helmet stability while riding. Make any minor adjustments to the fit pads and straps to improve comfort or stability.

## CLEANING

Helmets are made of materials that can be damaged by many commonly available cleaners. Petroleum based solvents or cleaners are especially dangerous. They can damage a helmet so that its protective capabilities are significantly reduced. Many times this damage is not visible. For best results, clean the helmet using a soft cloth or sponge, warm water and mild soap.

## STORAGE

After each use allow the helmet to air dry and then store in a cool, dry place. Excessive heat can damage the helmet. In direct sunlight, dark gear bags and automobile trunks can get hot enough to cause heat damage. Damaged helmets will appear to have uneven or bubbly surfaces.

**WARNING! DO NOT use heat damaged helmets.**

## SAFETY

- 1 Enjoy bicycling. Ride safely. You are responsible for your own safety.
- 2 Always wear your helmet, even on a short ride. Many accidents happen close to home.
- 3 Watch carefully for drivers turning left in front of you. Drivers often report that they never saw the bicycle or the rider.
- 4 Wear brightly colored clothing.
- 5 Obey all traffic laws.
- 6 Don't ride at night without proper lighting and reflectors. Watch for parked cars. Doors often open without warning.
- 7 Pretend you're invisible. Don't assume that automobile drivers can see you.